

HEALTHLINES

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Chad's Corner

Well, we finally completed our move in Champaign on November 15th. A special thank you is in order for our Champaign clients. Your patience was appreciated. Our new facility is certainly much more spacious compared to our old one and we hope in an equally favorable location. Being located next to The Body Quest Store is also an added benefit in my opinion. We should be able to provide you with all of the latest and greatest in the cardiovascular equipment market, courtesy of The Body Quest Store. We hope to continue to forge a strong relationship with The Body Quest Store in the coming years. From an equipment perspective, we feel that their products and customer service is second to none in Illinois. Please also rest assured that we have not made any type of monetary arrangements with The Body Quest Store in regards to equipment purchases made by our clients. It has been my personal commitment to our clients to remain as humanly objective as possible with regards to anything to do with the health and fitness business. This includes dietary supplements, food, and fitness equipment. There are fitness items, for example swiss balls, that we could obtain for you at a significant discount compared to The Body Quest Store. However, if there is a product or service that we feel could potentially benefit you in the form of better health and fitness, then its our job to tell you about it.

This brings me to Susan Kundrat, R.D. Susan is a wonderful dietician/nutritionist who happens to live right here in Central Illinois (Champaign). Over the years I have had the opportunity to work with several dieticians. Susan just happens to be the best! What makes Susan especially appealing is that she speaks to you on easy to understand terms. She isn't going to try and impress you with dietician lingo. I like that! Susan has written nationally for several top-notch industry publications as well. She has even made a nutrition video! Susan's business is called Nutrition on the Move. To learn more about sports and wellness nutrition, check out her website at www.eatnmove.com. We are very fortunate to bring to you, in this edition of Healthlines, a wonderful article that Susan prepared for us on soy. It so impressed me that I actually went out the day after I read it and purchased a can of soy protein! I can unconditionally recommend Susan to you for any of your sports and wellness nutrition needs.

From all of us at Body Symmetry we would like to say "Thank You" for yet another year of allowing us to be a part of your lives. Please have a safe and joyous holiday season!

Yours in Health, Chad Marschik

Every thought seed sown or
allowed to fall into the mind,

and to take rootthere,
produces its own.
Good thoughts bear good fruit,
bad thoughts bear bad fruit.

James Allen in *As A Man Thinketh*

More Soy News by Susan Kundrat, M.S., R.D., L.D.

It seems there's nutrition news about soy coming out every time you turn around! Soon you'll be finding soy health information in your favorite grocery store or health food market. In the coming months, you'll be seeing new information on the link between soy foods and heart health.

On October 26, the FDA authorized the use of health claims about consumption of soy protein and a decreased risk of coronary heart disease (CHD) on food labels. The labels can state something similar to "*Diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of (food) provides _____ grams of soy protein.*" To qualify for the health claim, foods must contain at least 6.25 grams of soy protein per serving (1/4 of the daily recommendation).

Clinical trials have shown that eating soy protein compared to other proteins like those from milk or meat can lower total cholesterol and low density lipoprotein (LDL) cholesterol. Studies on soy have also found benefits for reducing the risk of osteoporosis, decreasing the risk of certain cancers, and easing symptoms of menopause.

Foods that are eligible for the health claim include soy beverages, tofu, tempeh, soy-based meat alternatives, baked goods as well as whole soybean foods.

How can you get 25 grams of soy protein a day in your diet? Listed below are some foods you could eat during the day that add up to the recommended amount. Exact amounts of soy protein will vary from company to company so check the label carefully. Look for foods that list "soy protein" as the first ingredient. Choose veggie burgers with soy protein as the main protein source, and try new foods to see which ones you like best. Flavor can vary a lot from brand to brand.

5 Ways Get 25 Grams of Soy Protein in a Day

- 1/2 cup canned (13 grams) and 1 1/2 cup enriched soy beverage (12 grams)
- 1 soy-based shake packet (14 grams) mixed with 1 1/2 cups enriched soy beverage (12 grams)
- Homemade fruit shake with 2T. soy protein powder (12 grams) and 1/2 cup textured vegetable protein mixed in pasta sauce for dinner (13 grams)

- 1/2 package boxed tofu in stir-fry (12 grams) and 1 ? oz. soy nuts for a snack (15 grams)
2 oz. lite soy cheese in a sandwich (12 grams), 1 container soy yogurt (5 grams), and 1 cup enriched soy milk (8 grams)

Two-Apple Salad

Calories: 70 Protein: 1.1g Fat: 2.6g Carb: 11.9g

- 1 small fennel bulb, trimmed and cut into julienne strips
- 1 medium Red Delicious apple, quartered and julienned
- 1 medium Granny Smith apple, quartered and julienned
- 1/4 cup finely shredded carrot
- 1/4 cup sliced green onions
- 1 Tbs. water
- 1 Tbs. white wine vinegar
- 2 tsp. vegetable oil
- 1/2 tsp. sugar
- 1/4 tsp. salt

1. Combine first 5 ingredients in a bowl, toss well and set aside.
2. Combine water, vinegar, oil, sugar and salt in small bowl; stir with a whisk until blended. Add to fennel mix, tossing gently to coat.
3. Garnish with fennel fronds, if desired.

Yield: 4 servings